



*...Because Your Family Matters.*

**Lead by Example.** Parents are often role models for their children, so make sure to set a good example. Kids are more likely to adapt a healthier lifestyle if it is encouraged at home and they see their parents following the same rules. It's important to educate your family on the benefits of a healthy future.



Are you or your agency ready to take the DoD Fitness Challenge and support DoD's physical activity goal of 1,500,000 hours? For more information, please visit [http://www.cpms.osd.mil/wellness/wellness\\_fitchallenge.aspx](http://www.cpms.osd.mil/wellness/wellness_fitchallenge.aspx).





# FIND

# JOY

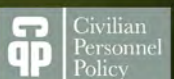


# IN BEING ACTIVE!

**Fitness Fun!** Take action in staying active and exercising as a family. Make it fun by doing an outdoor activity while the weather is still nice such as going to a local batting cage, or playing a sport at a nearby park with the entire family. Encourage your kids to invite along their friends for added FUN!



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# REALIGN YOUR FAMILY'S HEALTH



## PACK HEALTHY TO STAY HEALTHY!

**PACK and SNACK Smart!** When you feel like snacking, have some healthy options to satisfy your taste buds. Instead of having a bag of regular chips, try packing some multi-grain crackers instead. If you're craving something sweet, yogurt with granola or fresh fruit is a healthier option.



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# Make Time For ...



**Spend time with your family!** Sometimes it's tough to think of new ideas or plans for family activities, but it's still important to catch up on quality time with each other. Encourage each person in the family to take turns at arranging plans for the next family night (such as a stroll in the park, apple-picking, playing a game, etc.).



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